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ABSTRACT

This learning activity packet on kitchen safety is one of three (see note) intended for special needs (handicapped and disadvantaged) learners. Its objective is for the student to learn 24 safety rules for working in a kitchen. Contents include a source guide that provides the behavioral objective and lesson plan, pre-test, supplementary lesson information, four worksheets, and self-test. (Sources for audiovisual aids referred to in the lesson plan are not provided.) (YLB)

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KITCHEN SAFETY

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Technical Assistance and Dissemination System: Illinois Special Needs Populations

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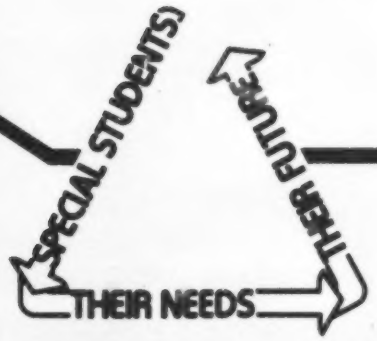

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KITCHEN SAFETY

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Name: _____

SOURCE GUIDE

BEHVAIORAL OBJECTIVE: Given a set of 24 Kitchen Safety Rules the student will answer 25 questions concerning these rules with 100% accuracy.

PRETEST: This test is designed to see how much you already know about Kitchen Safety Rules.

LEARNING ACTIVITIES:

1. Study the supplementary information.
2. Listen to the cassette tape "Kitchen Safety Rules".
3. View the VCR tape "Kitchen Safety Rules".
4. Complete Worksheets 1, 2, 3, and 4.
5. Group Activity.
6. Individual tutoring.

SELF TEST: This test is designed to give you practice before taking the final evaluation.

EVALUATION: This is the final test in the packet. Be sure to follow directions carefully.

PRETEST

Answer the following questions. Write out the words "True" or "False" in the blanks at the left of each question.

_____1. Use a wet dish cloth to take a hot cake out of the oven.

_____2. If the handle is broken from the pan you are using on the stove, hold on to the pan with a dish towel.

_____3. Set a hot pan on a cooling rack on the counter.

_____4. It does not matter if you leave the oven door hanging open.

_____5. Use a tablespoon to stir the gravy in the skillet.

_____6. Turn the handle of a pan toward the back of the stove.

_____7. Wash all silverware, knives and wooden spoons together.

_____8. When lighting a burner on the stove, turn the burner on before you light the match.

_____9. Throw water on a grease fire.

_____10. Tie your hair back from your face while you cook.

SUPPLEMENTARY SHEET

Safety Rules for Working in a Kitchen

More accidents causing death and injury happen in the home than in any other place. If you are careless, you may hurt yourself or someone else. When you work in the kitchen, always keep safety in mind.

DON'T FORGET!

Here are some safety rules to remember!!!

1. Use a thick dry potholder when pulling out hot racks in the oven. The racks are very hot when the oven is turned on.

2. Be sure to use two thick dry potholders when taking a heavy dish or backing pan out of the oven.

3. Keep pot holders away from burners. They catch on fire easily. Never leave a pot holder in the oven!

4. Do not put hot dishes or pans on the work counter space. Use cooling racks.

5. Oven doors are to be kept closed.

6. Keep cabinet doors closed so you don't bump into them.

7. Stir hot foods and liquids with a wooden spoon because the handle stays cool.

8. Keep all pan handles turned towards the back of the stove. Pans won't spill if handles are turned toward the back.

9. When lifting the lid on a pan of boiling food, tip the lid so the steam will escape from the back of the pan.

10. If you spill something on the floor, wipe it up at once.

11. Clean up a broken glass or a dish immediately.

12. Be careful not to cut your fingers when using sharp knives.

13. Do not put sharp knives in the dishpan with other dishes or utensils.

14. When you slice, dice, or chop, use a chopping board.

15. When you strike a match, close the box or cover first and then strike the match away from your body.

16. When you light a burner on a gas stove, put the lighted match on the burner before turning on the gas.

17. Do not wear loose, baggy clothes around the stove.

18. Tie your hair back from your face.

19. Smother a grease fire by throwing salt or soda on to the flame.

20. Store flammable objects, things that will burn like waxed paper, towels or cleaning supplies, away from the stove.

21. Disconnect appliances by pulling out the plug, not by jerking the cord.

22. Don't use an appliance with a frayed cord.

23. Never touch an appliance with wet hands.

24. Use an appliance at a safe distance from the sink.

WORKSHEET 1

WHAT TO DO: Fill in the blanks with the following words:

THICK , DRY	TWO	SALT OR SODA	WOODEN SPOON	MATCH
STEAM	SPILL	CLOSED	AWAY	GLASS
CHOPPING BOARD	FRAYED	FINGERS	BUMP	CLOTHES
BACK	SHARP	HAIR	COOLING RACKS	HANDS
DISTANCE	BURNERS	APPLIANCES	KNIVES	BURNERS

1. Use a _____ _____ pot holder to take out the hot racks in the oven.

2. Use _____thick dry pot holders when taking a heavy pan out of the oven.

3. Keep pot holders away from_____.

4. Set hot dishes or pans on _____ _____not on the counter.

5. Keep oven doors _____.

6. Keep cabinet doors closed so you don't_____into them.

7. Keep all pan handles turned toward the _____of the stove.

8. Lift the lid on a pan of boiling water so the _____goes to the back of the stove.

9. If you _____food on the floor wipe it up immediately.

10. If you break a _____clean up the pieces immediately.

11. Do not cut your _____when you use a sharp knife.

12. Wash _____ _____by themselves.

13. Use a _____ _____to chop, dice, or slice.

14. Close the match box before you strike the _____.

15. Put the lighted match to the _____before you turn on the gas.

16. Do not wear loose baggy _____around the stove.

17. Tie your _____back from your face.

18. Throw _____or_____on to a grease fire.

19. Store things that will burn _____from the stove.

20. Disconnect _____by pulling out the plug-not by jerking on the cord.

21. Don't use an appliance with a _____cord.

22. Neven touch an appliance with _____hands.

23. Use an appliance at a safe_____from the sink.

WORKSHEET 2

WHAT TO DO: Watch your mother or father while they are preparing supper for three nights. List the safety rules they follow each night. List the safety rules they do not follow each night. Bring your list to class. We will talk about them.

NIGHT ONE

Rules followed	Rules not followed

NIGHT TWO

Rules followed	Rules not followed

NIGHT THREE

Rules followed	Rules not followed

WORKSHEET 3

WHAT TO DO: What changes could you make in your kitchen at home to help you follow the kitchen safety rules. Talk it over with your parents. List the changes below. Bring those suggested changes to class. We will talk about them.

WORKSHEET 4

WHAT TO DO: List some more safety rules you have thought of since we have been talking about kitchen safety.

SELF TEST

EVALUATION

NAME_____

DATE _____

DIRECTIONS: Answer the following questions. Write the word True or False in the blank at the front of each question.

_____1. Use a dish towel to take the rack out of the hot oven.

_____2. Use two thick dry pot holders to lift a heavy pan.

_____3. Never leave a pot holder in the oven.

_____4. Use a cooling rack to set a hot pan on.

_____5. Keep oven doors and cabinet doors closed.

_____6. Use a tablespoon to stir the white sauce while it is on the burner.

_____7. Keep the handle of a pan turned toward the back of the stove.

_____8. Lift the lid from a pan of boiling water straight up.

_____9. Wipe up spills right away.

_____10. Use a dust mop to clean up broken glass.

_____11. Throw pieces of broken dishes in the waste basket.

_____12. Dull knives are safer than sharp knives.

_____13. Wash all silverware including sharp knives together

_____14. Chop onions on the counter.

_____15. Strike a match with the cover of the box closed.

_____16. Strike a match away from the body.

_____17. Turn the gas burner on before you light the match.

_____18. It is OK to wear a loose baggy shirt when you cook.

_____19. Tie your hair back from your face when you cook.

_____20. Throw water on a grease fire to put it out.

SELF TEST CON'T

EVALUATION

_____21. Store flammable objects above the stove.

_____22. A broken electrical cord to an appliance is safe.

_____23. Disconnect an appliance by jerking on the cord.

_____24. Set the food mixer next to the sink when using it.

_____25. Dry your hands before you use an electrical appliance.